

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable clothes and bring a yoga mat to sit on. Save 20% when you register for two Session I classes or two Session II classes. **REGISTRATION DEADLINE: ONE WEEK PRIOR TO THE START OF THE CLASS!!**

Please be sure to arrive a few minutes early and silence all cell phones to ensure that you experience the most zen environment possible!

Payment Options:

Full-time Session: \$75 per resident \$112.50 per non-resident
 4-Class Pass (must be used during ONE session only): \$44 per resident \$66 per non-resident
 Drop-In: \$14 per resident \$21 per non-resident

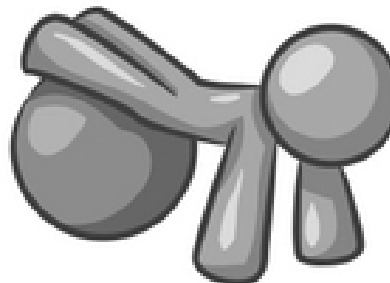
Yoga Mondays

Day: Mondays
 Date: Session I: January 4 - February 22 **Course Code: 16028**
 Session II: March 7 - May 2 **Course Code: 16029**
 Time: 5:45 p.m. - 7:00 p.m.
 Age: 16 & older
 Location: Activities House
NO CLASS APRIL 4

Yoga-Pilates Fusion

A unique blend of core strength and flexibility. These classes will utilize yoga poses and fuse them with Pilates techniques; a total mind-body experience.

Day: Tuesdays
 Date: Session I: January 5 - February 23 **Course Code: 16030**
 Session II: March 8 - May 3 **Course Code: 16031**
 Time: 8:45 a.m. - 9:45 a.m.
 Age: 16 & older
 Location: Activities House
NO CLASS APRIL 5



Yoga Wednesdays

Day: Wednesdays
 Date: Session I: January 6 - February 24 **Course Code: 16032**
 Session II: March 9 - May 4 **Course Code: 16033**
 Time: 8:45 a.m. - 10:00 a.m.
 Age: 16 & older
 Location: Activities House
NO CLASS APRIL 6

Yoga Thursdays

This is a Yoga foundation class that is great for beginners through advanced students!

Day: Thursdays
 Date: Session I: January 7 - March 3 **Course Code: 16034**
 Session II: March 10 - May 5 **Course Code: 16035**
 Time: 1:00 p.m. - 2:00 p.m.
 Age: 16 & older
 Location: Activities House
NO CLASS FEBRUARY 25; APRIL 7

Ashtanga Yoga

Day: Fridays
 Date: Session I: January 8 - March 4 **Course Code: 16036**
 Session II: March 11 - May 6 **Course Code: 16037**
 Time: 8:45 a.m. - 10:15 a.m.
 Age: 16 & older
 Location: Activities House
NO CLASS FEBRUARY 26; APRIL 8

Unlimited Yoga

Day: Mondays - Fridays (attend any/all classes)
 Date: Session I: January 4 - March 4 **Course Code: 16038**
 Session II: March 7 - May 6 **Course Code: 16039**
 Time: Please refer to the times on the above individual class.
 Fee: \$155 per resident \$232.50 per non-resident
 Age: 16 & older
 Location: Activities House
NO CLASS FEBRUARY 25, 26; APRIL 4 - 8



Pilates

Designed to build and strengthen the body's core and stability. The powerhouse includes the spine, abdomen, back muscles, gluteus, inner/outer thighs, quad, and hamstrings. Classes will be scheduled upon request for Wednesday afternoons (eight or more students). Call the number below TODAY to be added to the interest list for an upcoming class!

FIT MADNESS BOOT CAMP

Fit Madness Boot Camp is designed for maximum calorie burn. We want to get you fit, get you healthy, challenge your mind, challenge your body, and most importantly MAKE FITNESS FUN! Fit Madness is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. You get EVERYTHING you need first thing in the morning! Come join us twice a week in the Kiwanis Center.

Day: Mondays & Wednesdays
 Date: Session I: January 4 – 27
 Session II: February 1 - 24
 Session III: February 29 - March 23
 Session IV: March 28 & 30, April 11 - 27
 Time: 8:30 a.m. - 9:30 a.m.
 Fee: \$110 per resident \$165 per non-resident
 Age: 18 & older
 Location: Kiwanis Center

Course Code: 16041
Course Code: 16042
Course Code: 16043
Course Code: 16044



BEGINNING BELLYDANCE WITH BAHIRA

Bellydance for fun and fitness! Improve your posture, flexibility, tone muscles, and strengthen your core with the ancient art of bellydance. Have fun while you learn a foundation of basic moves, proper posture, technique, combinations, flavorful Eastern rhythms, and a sizzling bellydance routine. Bellydance is for all ages, shapes, and sizes. Please wear comfortable clothing.

Day: Tuesdays
 Date: Session I: January 12 - February 16
 Session II: February 23 - March 29
 Time: 5:30 p.m. - 6:30 p.m.
 Fee: \$60 per resident \$90 per non-resident
 Age: 18 & older
 Location: Kiwanis Center

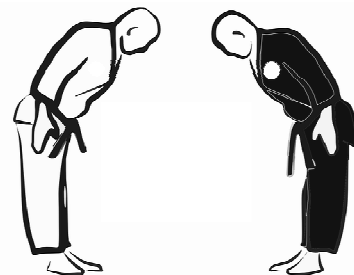
Course Code: 16045
Course Code: 16046

KARATE

This class offers physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied. **Family rates apply for full session only (ask for details)!**

Day: Tuesdays and Thursdays
 Date: Session I: January 19 - 28
 Session II: February 2 - 25
 Session III: March 1 - 31
 Session IV: April 5 - 28
 Time: 7:15 p.m. - 8:45 p.m.
 Fee: Session I: \$20 per resident \$30 per non-resident
 Session II - IV: \$45 per resident \$67.50 per non-resident
 Drop-in fee: \$6 per resident \$9 per non-resident
 Age: 15 & older (adults and teens)
 Location: Kiwanis Center

Course Code: 16047
Course Code: 16048
Course Code: 16049
Course Code: 16050



TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health. Through soft, slow-flowing movement and breathing, students will learn to concentrate, thus reducing stress.

Day: Thursdays
 Date: Session I: February 4 - 25
 Session II: March 3 - 24
 Session III: April 7 - 28
 Time: 6:15 p.m. - 7:00 p.m.
 Fee: \$40 per resident \$60 per non-resident
 Age: 15 & older (adults and teens)
 Location: Kiwanis Center

Course Code: 16051
Course Code: 16052
Course Code: 16053